Book 2

Arbaʿīn

Project Booklet

Under the Guidance of Moulana Nabi R. Mir (Abidi)

Please recite a Sūrah al-Fātiḥah for
the sponsors of this project booklet.

Important dates in Ṣafar

5th	Wafāt of Sayyidah Ruqayyah (Sakīnah) (by some traditions)
7th	Wilādah of Imām Mūsā al-Kāẓim (ʿa)
17th	Shahādah of Imām ʿAlī ar-Riḍā (ʿa) (by some traditions)
20th	Arbaʿīn of Imām Ḥusayn (ʿa)
24th	Wafāt of Sayyidah Zaynab (ʿa)
28th	Riḥlah of Prophet Muḥammad (ṣ) and shahādah Imām Ḥasan (ʿa)
29th	Shahādah of Imām ʿAlī ar-Riḍā (ʿa)

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who contributed to this booklet.

INFORMATION AND INSPIRATION:

al-islam.org

Islam From the Start: “Ziyara Places in Iraq”
Teaching Young Muslims: “The Power of Tears”

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بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ

Salāmun ʿalaykum,
May Allah bless us, our families, and our communities.

Our sincerest condolences to the Imām of our time, Imām al-Mahdī (ʿaj), our great marājiʿ and scholars, the Muslim ummah, and all the believers on the Arbaʿīn of Imām Ḥusayn (ʿa) and the shuhadāʾ of Karbala.

When the caravan of Imām Ḥusayn (ʿa), led by Imām as-Sajjād (ʿa) and Sayyidah Zaynab (ʿa), arrived in Karbala from Damascus, they came to renew their promise to Imām Ḥusayn (ʿa). This promise was to spread the message of Islam, of ḥaqq and truth, to the world.

On this day, Jābir ibn ʿAbdullāh al-Anṣāri performed the first visit, ziyārah, of the grave of Imām Ḥusayn (ʿa). Jābir greeted Imām as-Sajjād (ʿa), and they held a majlis, where they cried for and remembered the martyrs of Karbala. Then, after much reflection, filled with regret and sadness, Jābir said it seemed that those who are following the truth and upholding have become few, and that no one has come to visit or stand up for the truth. The Imām (ʿa) replied, "Jābir, you are looking at today, but a time will come when in every street and corner, the name of Ḥusayn will be called and raised." He was talking about us! We are ambassadors and hold the flag. Tens of millions of people visit the shrine of Imām Ḥusayn (ʿa) and the shuhadāʾ in Karbala on Arbaʿīn. It is one of the largest gatherings in the world, even larger than Ḥajj. The day of ʿĀshūrāʾ was to help us come out of the darkness of ignorance and into the light of guidance. The day of Arbaʿīn is a renewal of our promise to stay with haqq, and to show that we have not gone back into the darkness.

My humble request to all of the parents and teachers is to communicate this message to the children. There are many ḥadīth and narrations that emphasize the importance of performing the ziyārah of Imām Ḥusayn (ʿa) in Karbala during the time of Arbaʿīn. Every year, thousands of individuals from all over the globe travel to Karbala during this time, many of whom walk from Najaf to Karbala, and it is one of the largest peaceful gatherings in the world. We should encourage our children to learn about the walk, how it is an extraordinary journey of self-reflection and spiritual self-building. Teach them to meet and greet with those who have gone for the walk, talk to them, and ask them questions about their experience. This is a good way to learn about ziyārah and to increase their enthusiasm for going to ziyārah.

We are honored to launch the annual Arbaʿīn Project Booklet. This booklet includes five lesson plans that have been put together in collaboration with scholars and educators. We pray these projects increase the love of the Ahl al-Bayt (ʿa) in our children and instill in them the desire to perform the ziyārah of Abā ʿAbdillāh, inshāʾAllāh.

Our humble request is to create a two-way connection by all of us sharing our expertise and experiences and avoiding duplicated work, in order to maximize our potential. Please share your ideas, experiences, and successes with us, so that together, we can all move forward and build a global network, inshāʾAllāh

Please remember in your duʿās all of the muʾminīn and the whole Muslim ummah, and a duʿā of shifāʾ for everyone in these trying times. Bring awareness to your children so they can prepare for the ẓuhūr of Imām al-Mahdī (ʿaj). Talk to them about everything that is happening in the world, especially to our Muslim brothers and sisters and the children who are being oppressed all around the world in Burma, Yemen, Syria, Kashmir, Palestine, Bahrain, Iraq, Afghanistan, India, Pakistan, and everywhere else.

We pray that Allāh gives us the tawfīq to actualize our duties and responsibilities.

With Duʿās,
Nabi R. Mir (Abidi)
Resident ʿĀlim of SABA Islamic Center

Becoming Ḥusayni

Objective: Students will learn about the Arbaʿīn walk and how to become Ḥusaynī.

It is the month of Ṣafar, and we are nearing the day of Arbaʿīn. Arbaʿīn marks 40 days after ʿĀshūrāʾ, when Imām Ḥusayn (ʿa) was killed. Every year, millions of people walk towards Karbala, some from Najaf, some from even further. This walk takes anywhere from 1-15 days. On the way to Karbala, there are tents lined up by the local Iraqis. At each tent, they offer whatever they can to the pilgrims of Imām Ḥusayn (ʿa), such as water, tea, food, and tissues. They save up all year just so they can serve the visitors of Imām Ḥusayn (ʿa).

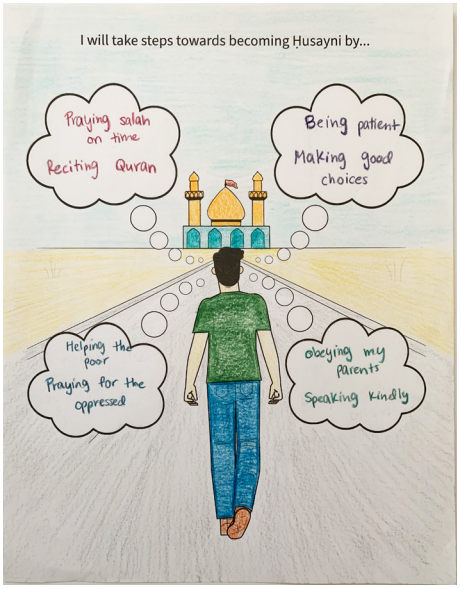
So what is the significance of this journey, this walk to Karbala? One of the reasons people take up this walk is to signify the walk of Sayyidah Zaynab (ʿa) and the other Ahl al-Bayt (ʿa), who went through such difficulties from Karbala to Kufa to Damascus and back to Karbala.

Another reason is to visit the shrine of Imām Ḥusayn (ʿa). Imām aṣ-Ṣādiq (ʿa) has said, "Allah will record a thousand good deeds and erase a thousand sins for every step taken by one who goes to the ziyārah of Imām Ḥusayn (ʿa) on foot."[1] Although we can't be in Karbala to complete the walk this year, we can still take steps towards becoming more Ḥusayni — people who imitate the characteristics of Imām Ḥusayn (ʿa). What are some steps that we can take in our lives to become like the followers of Imām Ḥusayn (ʿa)? Today, we are going to do an activity that will show us ways we can become Ḥusaynī and get closer to Imām Ḥusayn (ʿa), and ultimately Allah.

1 Kāmil az-Ziyārah, Ch. 79, Ḥadīth #18

Walking to Karbala Activity

Suggested Ages: 5+



Time: 30 minutes

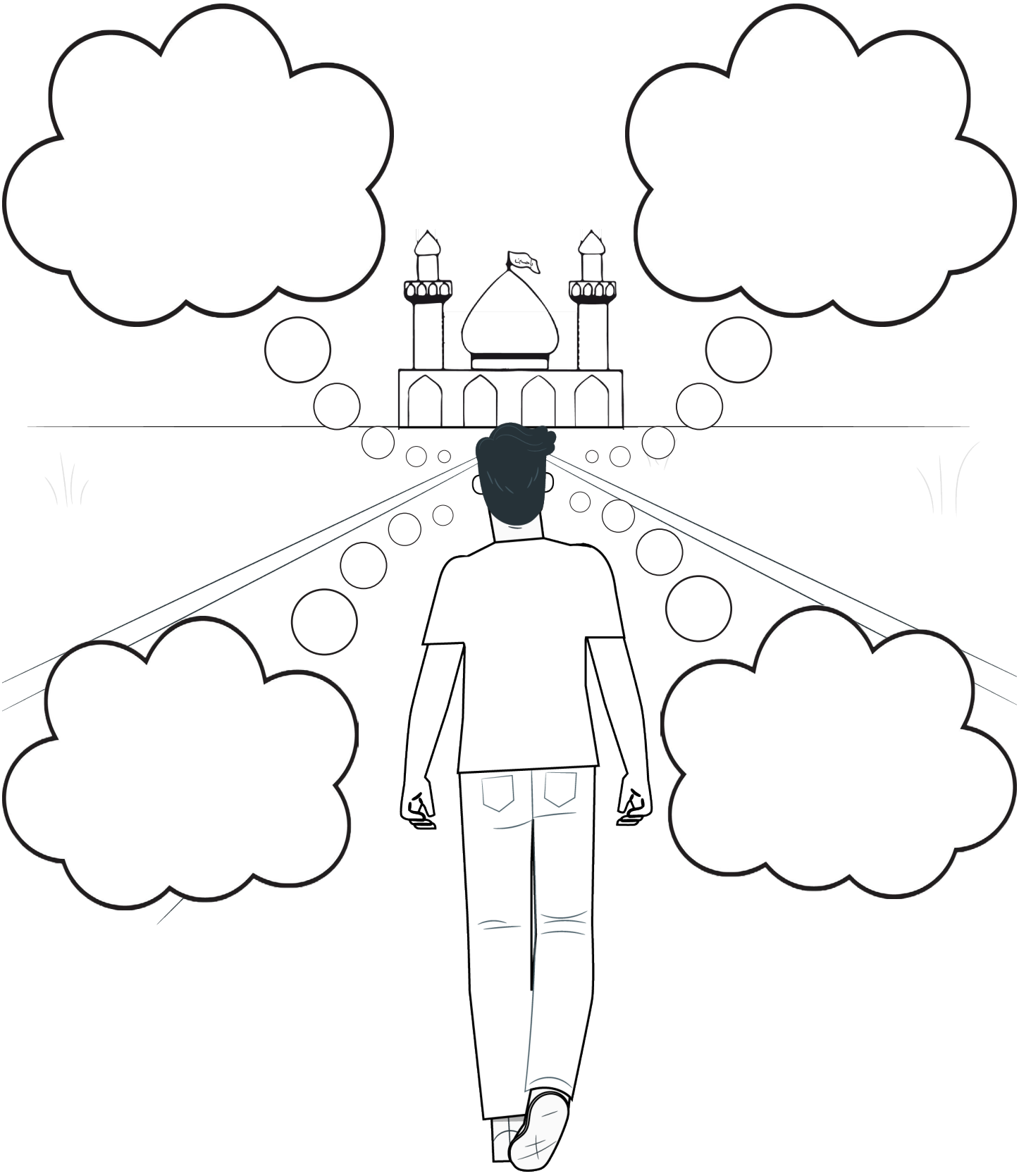
Materials:

- Walking template
- Crayons/colored pencils
- Markers/pen

Procedure:

1. Color and decorate the template however you like.
2. Think about how we can get closer to Imām Ḥusayn (ʿa).
3. Then, write some of the actions you will take towards becoming Ḥusayni in the thought bubbles.
4. You can also write, "YA ALLAH, PLEASE HELP ME BE HUSAYNI!"

I will take steps towards becoming Ḥusayni by...



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Going to Karbala for Ziyārah

Objective: Students will learn about the ziyārah to the shrine of Imām Ḥusayn (ʿa).

When you love someone who lives far away, like your grandparent, don't you want to visit them? Why can't you just skype them? You can, but visiting them is more special and allows you to build a deeper bond with them. Ziyārah means to visit someone. We do ziyārah of the Prophet (ṣ) and the Imāms (ʿa) when we visit their holy shrines.

Why do we go for ziyārah? Well, certain places have a special *barakah,* or blessings. The shrines of the Prophet (ṣ) and the Imāms (ʿa) hold special blessings. People go to ziyārah because these are some of the places where duʿās are answered. By visiting the shrines of the Imāms (ʿa), we are also able to increase our *īmān* and move closer to Allah, since they have a special *barakah*.

Imām ar-Riḍā (ʿa) has said, "Those who perform the ziyārah of the grave of Abā ʿAbdillāh Imām Ḥusayn (ʿa) by the shores of the River Furāt are like those who have performed the ziyārah of Allah on His *ʿarsh*."[1] Subḥānallāh! From this, we can see just what kind of status and importance the ziyārah of Imām Ḥusayn (ʿa) is. May Allah grant us the *tawfīq* and opportunity to go, inshāʾAllāh.

Besides Karbala, there are other Imāms' (ʿa) shrines that we visit when we go to Iraq for ziyārah. Today, we are going to do an activity where we will learn about these different places and which Imāms are buried there.

1 Kāmil az-Ziyārah, Ch. 59, Ḥadīth #2

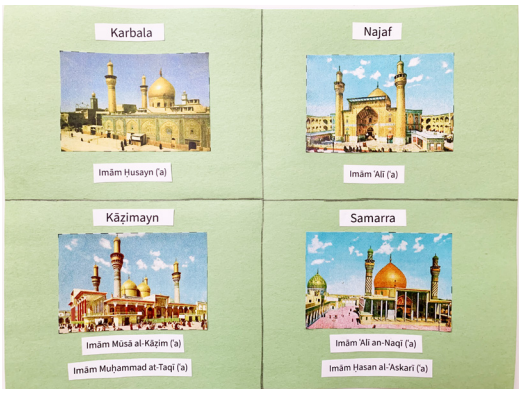
Places in Iraq

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Places template
- Piece of construction paper
- Scissors
- Glue



Procedure:

1. Cut out all of the pieces of the template by cutting all along the dotted lines.
2. Fold the construction paper in half twice and open up the folds. This should make 4 even sections.
3. Glue each city name in each section. Match the shrine of that place and glue it in the correct section.
4. Think: which Imām is buried in Karbala? Glue the name of that Imām in the space below the picture.
5. Do the same for Najaf, Kāẓimayn, and Samarra. (hint: there are 2 Imāms in Kāẓimayn and 2 in Samarra).

Karbala

Najaf

Kāẓimayn

Samarra

Imām Ḥusayn (ʿa)

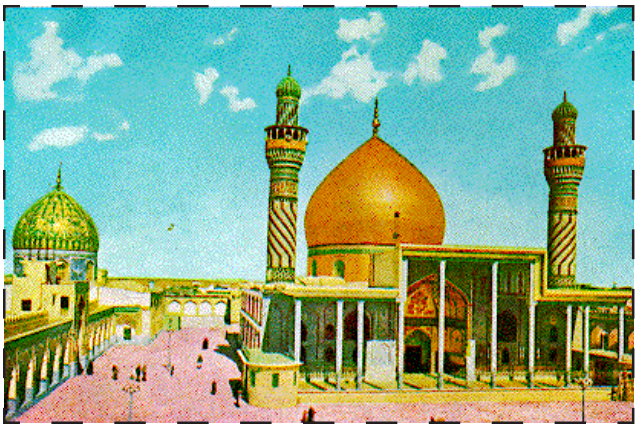
Imām ʿAlī (ʿa)

Imām Mūsā al-Kāẓim (ʿa)

Imām ʿAlī an-Naqī (ʿa)

Imām Muḥammad at-Taqī (ʿa)

Imām Ḥasan al-ʿAskarī (ʿa)



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Events of Karbala

Objective: Students will learn about the different events of Karbala while creating a quilt.

We can learn a lot of lessons from Imām Ḥusayn (ʿa) and his companions, and one of these lessons is how we should also be united, even though we are different. What does unity mean? Unity means putting aside your differences and coming together for a common cause. We should come together to pray and remember Allah.

Let's look at the people in Imām Ḥusayn's (ʿa) army. They were people from all different backgrounds. There were Arabs, Iranians, Africans, women, children, and men of all ages! Despite their differences, they all came together for one reason. What was it that brought them together? The one thing they had in common was protecting their Imām (ʿa) and serving Allah. Similarly for us, the thing that ties us together is our faith, and the wilāyah and guardianship of the Ahl al-Bayt (ʿa). We should remember that even though we may all speak different languages or have different cultures, we are all followers of the Ahl al-Bayt (ʿa).

Today, we are going to create a Karbala quilt, to remind ourselves of the unity in Karbala, and how when we work together, we can create something beautiful!

Karbala Quilt

Suggested Ages: 5+

Time: 40 minutes

Materials:

- Quilt template
- Crayons/colored pencils
- Scissors
- Ribbon/yarn
- Hole puncher
- Optional: poster board and glue/tape

Procedure:

1. Color the pictures however you like.
2. Cut out each picture by cutting along the dotted lines.
3. Arrange the pictures in 4 rows of 5 pictures each.
4. Carefully punch 2 holes at the top of each picture, on the circles.
5. Now, thread the string or yarn through the holes to connect the pictures together. Attach the next row of pictures to the bottom of the previous row.
6. Optional: you can glue or tape the pictures to a poster board instead.

Sayyidah Sakīnah loved her brother ʿAlī al-Aṣghar (ʿa) very much.

ʿAlī al-Aṣghar (ʿa) was the youngest shahīd at only 6 months old.

Ḥaḍrat ʿAbbās (ʿa) set out to get water for the children.

The children couldn't wait! Soon, Ḥaḍrat ʿAbbās (ʿa) would bring them water!

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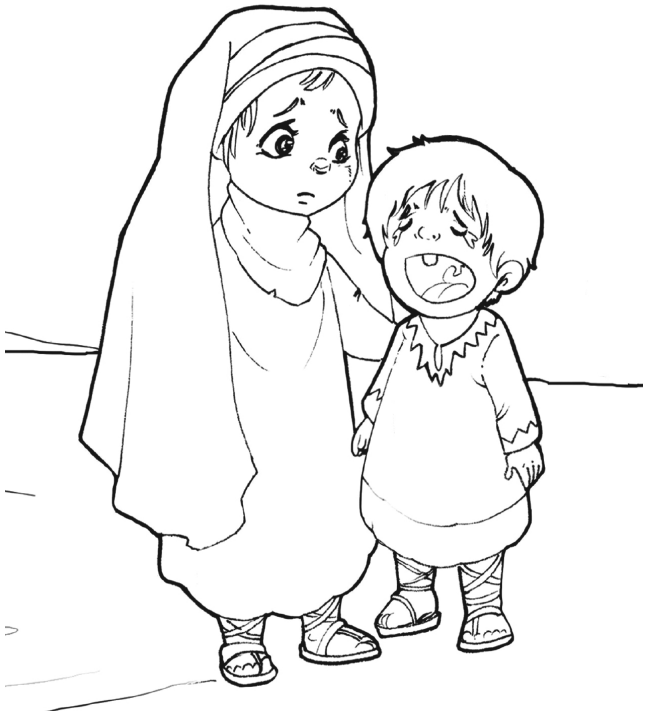
The children of Karbala cried. They didn't have a baba anymore!



The children cried, "Al-atash—we are thirsty!"

Imām Ḥusayn (ʿa) took ʿAlī al-Aṣghar (ʿa) to get some water.

Sayyidah Zaynab (ʿa) tried to make the children feel better.

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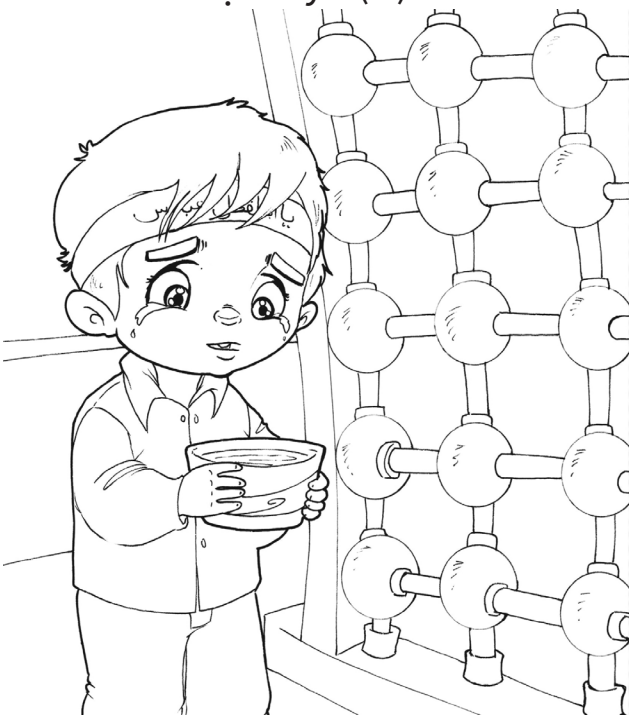
When Yazīd asked her what she saw on ʿĀshūrāʾ, Sayyidah Zaynab (ʿa) replied, “I saw nothing but beauty.”

Whenever we drink water, we remember the thirst of Imām Ḥusayn (ʿa).



Before Imām Ḥusayn (ʿa) left, Sayyidah Sakīnah (ʿa) hugged him one last time.

When Ḥurr asked for forgiveness, Imām Ḥusayn (ʿa) forgave him right away.

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On Shām-i Gharībān, the enemies set fire to all of the tents.

Imām Ḥusayn (ʿa) loved Sayyidah Sakīnah (ʿa) a lot, too!

Sayyidah Sakīnah (ʿa) loved her father, Imām Ḥusayn (ʿa), very much.

Imām Ḥusayn (ʿa) and his soldiers fought very bravely!

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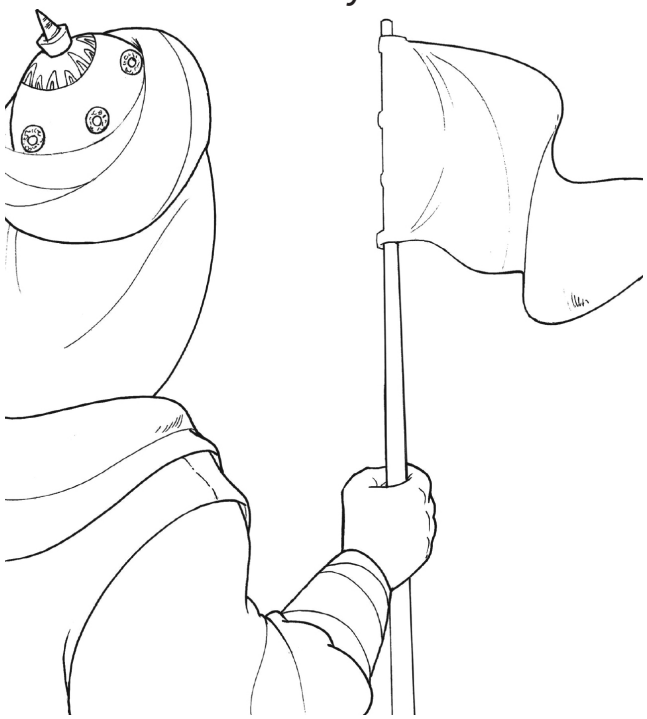
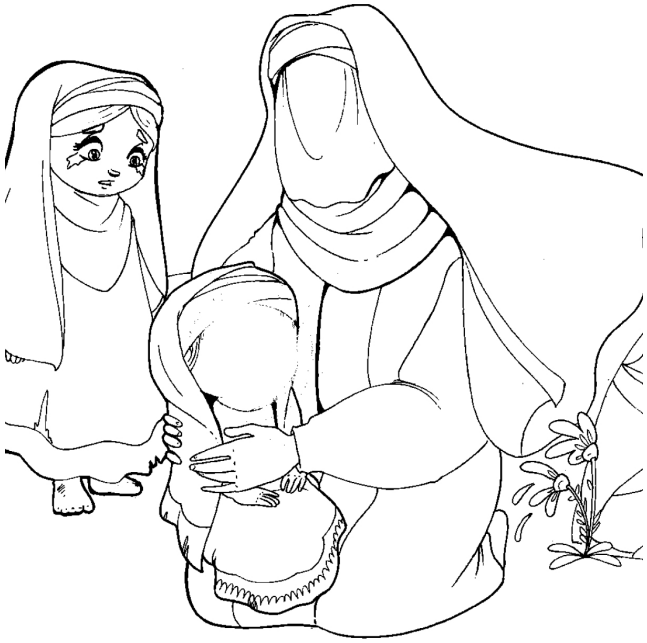
Ḥaḍrat ʿAbbās (ʿa) was the flagbearer of Imām Ḥusayn's (ʿa) army.



After Imām Ḥusayn (ʿa), Sayyidah Zaynab (ʿa) became the protector of the women and children.

Ḥaḍrat ʿAbbās (ʿa) filled the waterbag with water, but never made it back to the tents.

Sayyidah Zaynab (ʿa) tried to get the children to stop crying.



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Amr bil maʿrūf & Nahī ʿanil munkar

Objective: Students will learn about one of the reasons why Imām Ḥusayn (ʿa) rose up.

During these days of Arbaʿīn, we also remember Imām ʿAlī ar-Riḍā (ʿa), whose shahādah is on the 17th of Ṣafar. He has taught us so much about Karbala, such as the importance of going for the ziyārah of Imām Ḥusayn (ʿa). Imām Riḍā (ʿa) describes a believer as, "...one who rejoices over doing good deeds, and repents from doing wicked deeds."[1] From this, we can see that he is talking about amr bil maʿrūf and nahī ʿanil munkar.

Amr bil maʿrūf means to make good choices that make Allah happy and to invite people towards doing good things, such as praying, helping parents, and volunteering in the masjid. Nahī ʿanil munkar means avoiding bad deeds that Allah does not approve of, and stopping people from making bad choices, such as lying, making a mess, and being mean to others.

One of the reasons Imām Ḥusayn (ʿa) stood up against Yazīd was to do amr bil maʿrūf and nahī ʿanil munkar, and he wants us to practice this too. In order to practice amr bil maʿrūf and nahī ʿanil munkar properly, think:

- Make sure that what the person is doing is wrong
- Make sure you say it in the nicest way possible
- By saying something, there's a good chance they will listen to your advice
- This is a bad habit the person has formed (not just a one time thing)
- Your intention should be to help that person
- If you don't think you can say anything, then at least make duʿā for that person

Today, we are going to make STOP and GO signs to help remind us that we should try to do amr bil maʿrūf and nahī ʿanil munkar.

1 ʿUyūn Akhbār ar-Riḍā, Ḥadīth 3

Stop & Go Signs

Suggested Ages: 5+

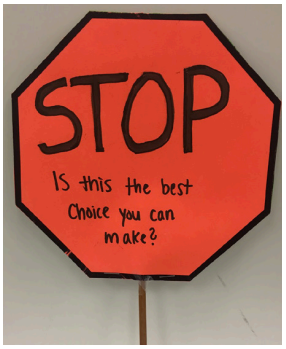
Time: 30 minutes

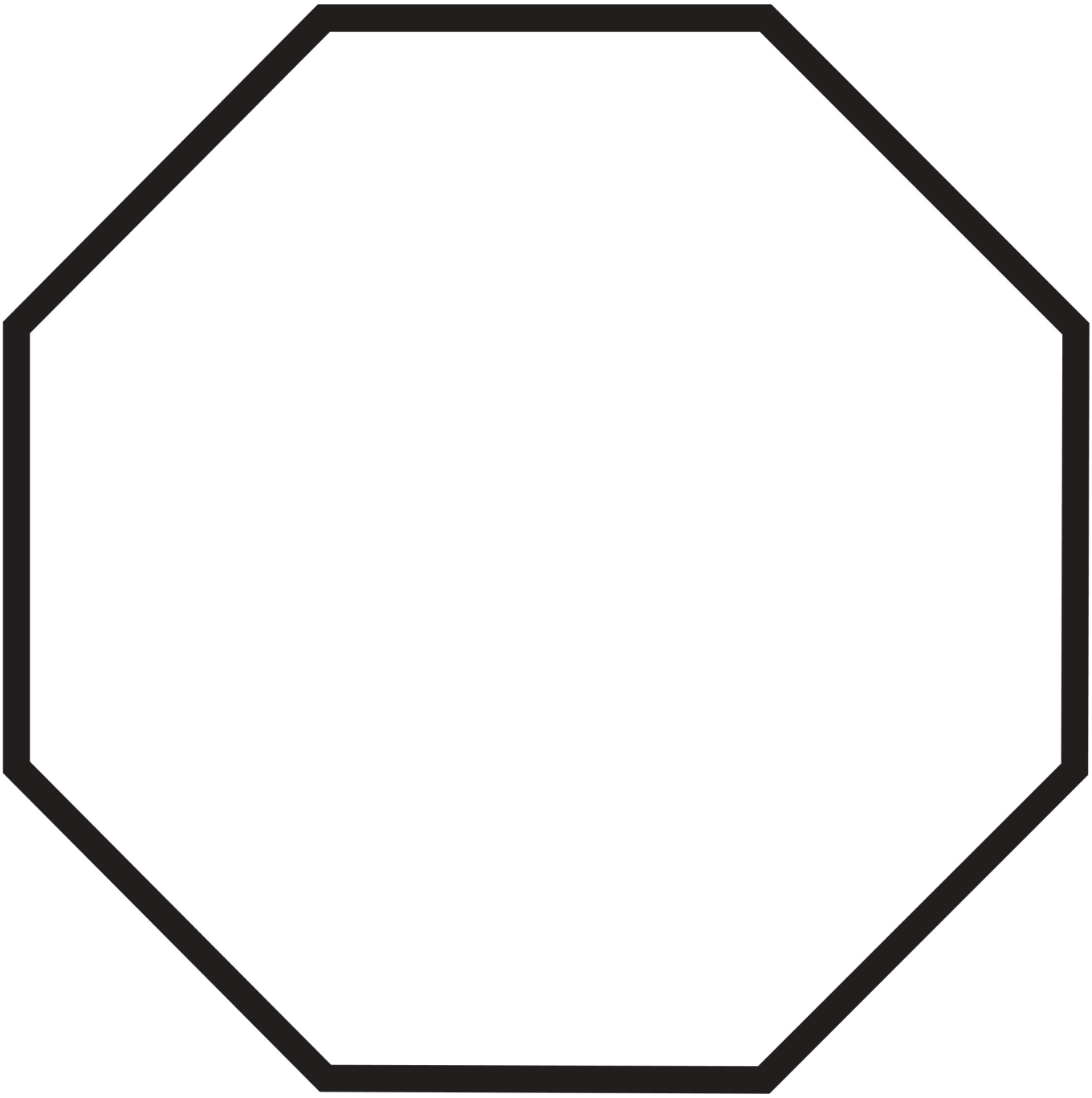
Materials:

- Stop sign template
- Red and green paper
- Crayons/colored pencils/ markers
- Wooden sticks
- Scissors
- Tape
- Glue sticks

Procedure:

1. Print 2 stop signs, one on the red paper and one the green paper. Cut out the stop signs. (optional: print on white paper and color them red and green).
2. On the green stop sign, write "GO!" and on the bottom write "Alḥamdulillāh, you're about to make a GOOD choice!"
3. On the red stop sign, write "STOP" and on the bottom write "Is this the best choice you can make?"
4. Then, attach the stick to the back of the green sign using glue or tape.
5. Then, glue the back of the red stop sign on top. The backs of the 2 signs should be attached with the stick in between. You might need to reinforce the bottom of the sign by stapling it and using glue.





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Mourning for Imām Ḥusayn (ʿa)

Objective: Students will learn about why we mourn for Imām Ḥusayn (ʿa).

On the 28th of Ṣafar, we commemorate the riḥlah of the Noble Prophet (ṣ) and the shahādah of his grandson, Imām Ḥasan (ʿa). Like the rest of the Ahl al-Kisāʾ, Imām Ḥasan (ʿa) knew of the tragedy that would occur in Karbala. One day, Imām Ḥusayn (ʿa) went to his brother Imām Ḥasan (ʿa). When he looked at Imām Ḥasan (ʿa), he started weeping. Imām Ḥasan (ʿa) asked, "O Abā ʿAbdillāh! Why do you weep?" Imām Ḥusayn (ʿa) replied that he wept thinking about the tragedy that will befall Imām Ḥasan (ʿa).

Imām Ḥasan (ʿa) said, "What shall befall me is the fatal poison, but none of my days will be similar to that of yours. Thirty thousand people, claiming to follow our grandfather (the Prophet), will unite to attack you and shed your blood, violate the sanctity and imprison your womenfolk and children, and plunder your tents. At that time the wrath (of Allah) will descend upon the Banī Umayyah and the heavens will rain blood, and all things will lament over you, to the extent that the wild-beasts of the forests and the fish of the rivers will also weep over your sufferings." Not only do we cry for Imām Ḥusayn (ʿa), but so do other creations of Allah. So why do we mourn for Imām Ḥusayn (ʿa)?

Mourning for Imām Ḥusayn (ʿa) is not just a tradition, but a way for us to keep his message alive in our hearts. Every year when we attend majālis, we feel the pain of Imām Ḥusayn (ʿa) and his companions, and we feel the pain of his stand against injustice. By attending majālis and feeling this pain, we are reminded of our duty to stand with Imām Ḥusayn (ʿa) against evil. Today, we are going to make a craft where we can come up with ways to spread the message of Islam.

Teardrops Craft

Suggested Ages: 5+

Time: 40 minutes

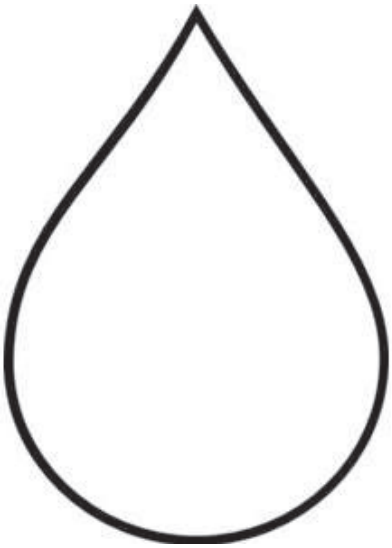
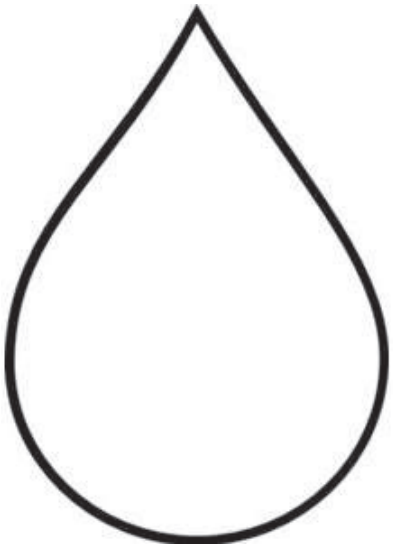
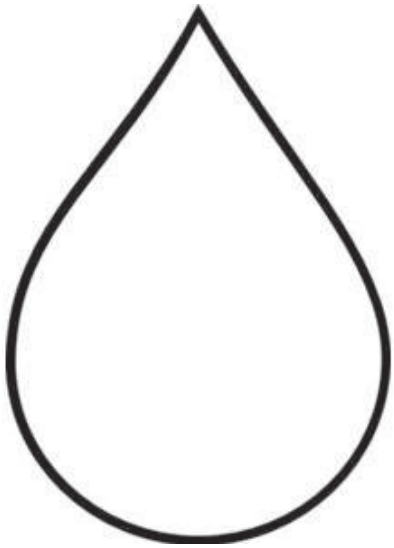
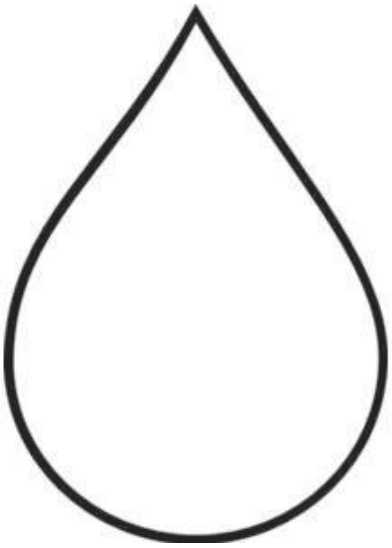
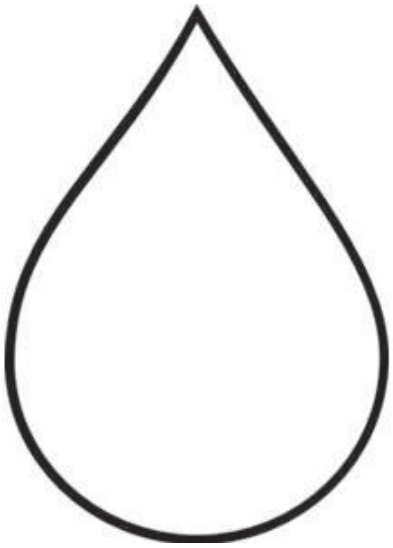
Materials:

- Teardrops template
- Crayons/colored pencils/ markers
- Scissors
- Glue/tape
- Optional: colored paper

Procedure:

1. Color the pictures of the template however you like (optional: you can make the teardrops and flowers using colored paper).
2. On each teardrop, write ways we can help and support the Imām (ʿa), spread the message of Islam, and stand up against injustice.
3. Cut out the teardrops.
4. Glue them onto the next page in the space above flowers, as if they are falling like rain.

- Craft and lesson inspired by "The Power of Tears" from Teaching Young Muslims.

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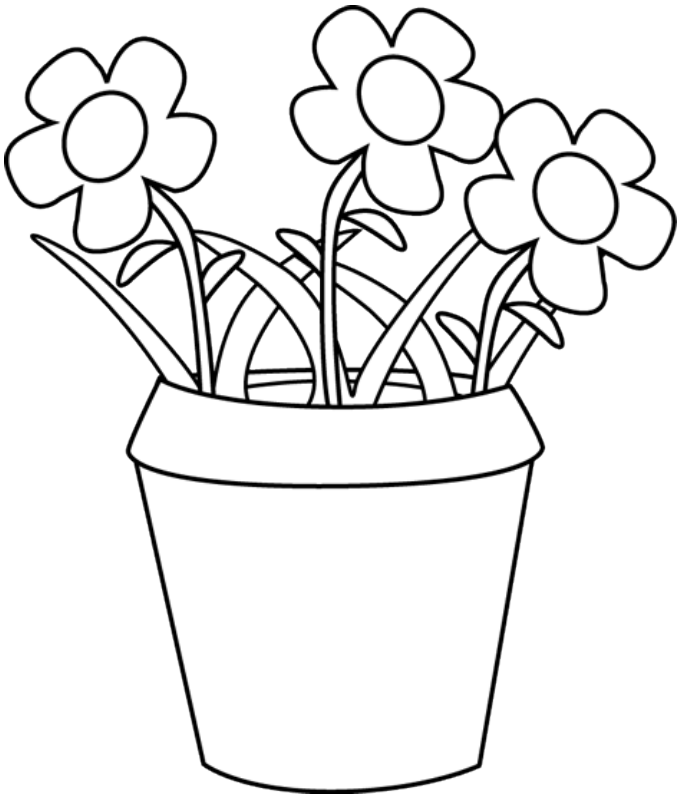

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